

L4 Shepherd's Pie

Nutrition Information

Serving size: **200g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	250kcal	125kcal
Protein	15.3g	7.6g
Total Fat	4.7g	2.4g
Saturated Fat	1.5g	0.7g
Trans Fat	0.0g	0.0g
Cholesterol	54mg	27mg
Carbohydrate	23.2g	11.6g
Total Sugar	0.8g	0.4g
Dietary Fibre	1.4g	0.7g
Sodium	543mg	272mg

L5 Shepherd's Pie

Nutrition Information

Serving size: **200g**

Serving per package: **1**

	Per Serving	Per 100g
Energy	164kcal	82kcal
Protein	14.2g	7.1g
Total Fat	3.9g	1.9g
Saturated Fat	1.2g	0.6g
Trans Fat	0.0g	0.0g
Cholesterol	50mg	25mg
Carbohydrate	20.6g	10.3g
Total Sugar	1.8g	0.9g
Dietary Fibre	2.1g	1.0g
Sodium	407mg	204mg